



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Ralf Rohde

Total time: 1:29:28

Club: Kath. Kirchenmusikverein Lampertheim
Number: 145

Course: 25.50 km
Lorsche Triathlon 0,5-20,5,0

Rank in course/Total: 274 (of 343)

Rank in course/Men: 220 (of 262)

Best time in course: 58:32

Category:
Senioren 5 (TM 60)

Rank in category: 14(of 20)

Best time in the category: 1:09:12

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:58	21:56	4	1:21	110	4:01	0.50	10:58	21:56	21	1:21	110	4:01
Wechsel S -> R	-	3:48	-	15	1:49	228	2:32	0.50	14:46	29:32	21	3:10	263	6:20
Schwimmen Total	0.50	14:46	29:32	21	3:10	263	6:20	0.50	14:46	29:32	21	3:10	263	6:20
Rad netto	20.00	39:57	1:59	12	5:08	182	15:33	20.50	54:43	2:40	21	7:53	263	16:27
Wechsel R -> L	-	3:01	-	19	2:21	258	2:34	20.50	57:44	2:48	21	9:41	263	18:36
Rad Total	20.00	42:58	2:08	13	7:03	205	17:49	20.50	57:44	2:48	21	9:41	263	18:36
Lauf Ziel	5.00	31:44	6:20	16	11:06	237	31:44	25.50	1:29:28	3:30	14	20:16	220	30:56